



## Utah Office of Pacific Islander Affairs

### PRESS RELEASE

October 18, 2004

#### **PICCN –“Walk For Life & Five A Day – The Pacific Way”**

On Saturday, October 16, at Liberty Park in Salt Lake City, more than 300 Pacific Islanders, Tongans and Samoans came together to participate in this healthy activity that was organized by the Utah Office of Pacific Islander Affairs as part of its cancer awareness outreach in connection with the Pacific Islander Cancer Control Network.

Boys Scouts and youth groups in the various Pacific Islander churches brought the members of their congregations to participate as part of a fundraising project.

Following a great summer full of various festivals, luaus, reunions, weddings and other similar functions, this outreach was to remind Pacific Islanders of the need for them to exercise regularly in “Walk for Life”. The “Five a Day” program encourages them to eat five servings of fruits or vegetables every day.

The Pacific Islanders in attendance walked around the park (a distance of 1.5 miles). They were rewarded at the end of the walk with bottles of cold water.

Bill Afeaki, director of the Utah Office of Pacific Islander Affairs, reminded everyone of the need for Pacific Islanders to get screened for cancer, for women over age 40 to get mammograms and pap smears, and for men of the same age and older to get prostate examinations.

He also stated that it was so important that Pacific Islanders realize the need for cancer awareness and get the necessary screenings when they become of age.

Cancer awareness materials were made available by the Salt Lake Valley Health Department, the American Cancer Society, and the Queen’s Center and were distributed among the participants.

Each family took apples, pears and bananas home and Bill Afeaki asked everyone to eat only fruits on the next day!

*(Pictures on the next pages)*









